

Pause & Renew Daily Schedule

With **Dr. Carrie Demers, MD** or
Dr. Terri Oswald, MD

PureRejuv Wellness Center

(Welcome lecture and therapeutic services are provided at the PRWC)

Friday

4 pm	Check-in
5 - 6 pm	Community Yoga Class (optional) **
6 pm	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner
7:00 - 8:30 pm	"Welcome & Introduction to Integrative Medicine"

Saturday

6 am	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
7 - 8 am	Community Yoga Class (optional) **
7:30 - 8:30 am	Breakfast
9:00 am - 12:30 pm	Health Consultations, Private Yoga OR Massage
12:30 - 1:30 pm	Lunch
2:00 - 5:30 pm	Health Consultations, Private Yoga OR Massage
6 pm	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner

Sunday

6 am	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
7 - 8 am	Community Yoga Class (optional) **
7:30 - 8:30 am	Breakfast
9:00 am - 12:30 pm	Massage +/- Health Consultations
12:30 - 1:30 pm	Lunch

**Community classes can vary; please check the lobby board for the current schedule

Thank you for joining us!